



## Learn 10 Travel Essentials for Seniors Going on a Vacation

### Description

In old age, travel is said to be an elegy. Are you excited to visit pals in another country? Are you planning a beach vacation? Do you have a strong desire to go hiking? So why not?



But, let's face it, your body deserves a little more attention after all these years of wear and tear.

Don't forget to bring a few items before your next adventure.

## 1. Vital Documents

Before you leave for the airport, double, triple, and quadruple verify that you have your passport. Additionally, ensure that your passport is valid for at least six months from the trip date. Don't forget about travel insurance, visas, e-tickets, and hotel reservations, among other things.

If you're tech-savvy and have everything on your phone, ensure it's fully charged before starting your vacation! Aside from that, pack senior citizen IDs (some attractions offer significant discounts to seniors) and a few duplicates of your passport and ID in case you misplace them. Also, bring your debit and credit cards and a copy of the credit card numbers. Remember to write down important

contact numbers in an emergency or if your phone is damaged.

## **2. All Prescription Medications as well as a Basic First Aid Kit**

This is yet another must-have item. Request an extra medication prescription from your doctor in case your trip is extended. Carry the medication in its original packaging, the doctor's prescription, a list of the medicines you take, and the doctor's name and phone number.

Make a basic first aid pack, so you don't have to rush to the pharmacy or waste valuable vacation time hunting for basic supplies should a minor event occurs. A word of caution: never pack your prescriptions with your checked-in luggage because your luggage may be misplaced, delayed, or even lost. Medicine is essential for your health, and keeping it in your carry-on is better.

## **3. Extra: a pair of prescription glasses and hearing aid batteries**

Keep a spare pair of prescription glasses on hand if you break or damage the ones you're currently wearing. When you're abroad, getting another pair right away is tough because you have to schedule an appointment, receive an eye exam, and order new glasses.

Remember the added hardship of being in a nation where you do not speak the language. If that isn't enough, prescription glasses may take a few days to make. So, plan and bring an extra pair of glasses during your next trip.

Put spare batteries in your travel kit if you wear hearing aids. Finding a specific size/battery is not always straightforward, especially if you're traveling to a remote place or a nation where you don't know the language.

## **4. Sturdy Walking Shoes**

To enjoy your trip, you must wear comfortable walking shoes. Wear flat, supportive shoes to reduce the risk of straining your feet while walking daily. Choosing shoes with velcro instead of laces is a great decision for ease. You may need to remove your shoes several times when traveling, including at airport security and cultural sites in several countries.

## **5. Toiletries in Travel Size**

When traveling, having a supply of travel-sized toiletries is essential. To begin, airlines prohibit customers from carrying more than 100 mL of beverages, drinks, toothpaste, cosmetics, or hygiene.

Second, travel-sized toiletries take up less space in your luggage. Apart from the conventional travel-sized amenities, you may want to seek antibacterial wipes and tissues.

Because dry flight circumstances render one susceptible to germs, use them to clean the table and your hands in between handling objects.

Tissues are helpful for various purposes (albeit we don't believe you can 'chop' a table with a pack when traveling). Similarly, never underestimate the value of sunblock. Slather some on as needed to protect your skin, and keep a tube of aloe vera gel on hand to treat sunburned skin.

## **6. Coat, Hat, and Rain Gear**

Packing a jacket, hat, and rain gear is always a good idea, no matter where you travel. A light jacket can be helpful in cold air-conditioned airports and transportation, as well as in preparing for uncertain weather while on vacation.

## **7. Money belts or neck pouches**

Whether you are traveling far or close, it is critical to ensure your safety. Neck pouches are far handier than belly packs for keeping your belongings safe. Pickpockets can be located anywhere, and a neck pouch (under your clothing) is a better defense in crowded tourist areas. Women should keep an eye on their purses as well.

## **8. Books**

Have you been meaning to read a particular book for a long time? Put it in your carry-on to make the most of your free time. Bring a small notebook with you if you need to jot down notes or other vital information.

Details such as your hotel's address, room number, metro stops, and crucial contact numbers can be written down. Books are one of those items we intend to bring but constantly forget.

## **9. Snacks & Mints**

When you're hungry, having something of your own to eat is always preferable to snatching a bite of anything suspicious-looking. Also, packing mints or gum to keep your mouth from becoming too dry is beneficial when flying or hopping from one tourist destination to another.

## **10. A camera to capture all of your memories and adventures.**

Remember to pack your camera in your carry-on. Not only is a camera fragile, but check-in luggage occasionally goes missing. You don't want to miss out on capturing all of your trip's images or have all those great photos disappear! With so many things to do before flying, people frequently overlook this crucial piece of equipment.

A little compact camera is adequate for capturing all of your beautiful memories and activities. Alternatively, there is always your smartphone.

Go through this little checklist before you wave goodbye to your family and walk out the door.

Best wishes!

**Category**

1. Lifestyle

**Date Created**

July 2022

**Author**

tcanoah

default watermark